

Carlsbad Paradise Cafe by the Sea

May 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 French Dip Roast Beef Au Jus Horseradish Sauce French Roll Oven Roasted Potatoes Spinach Tomato Gratin Fruit	4 Stuffed Peppers Penne Pasta Marinara Sauce Zucchini Mixed Green Salad Garlic Bread, Fruit Bingo Every Tuesday - 1:00 	5 Cinco de Mayo Pork Carnitas Mexican Rice, Refried Beans, Shredded Lettuce Tomatoes, Sour Cream Salsa, Flour Tortilla Tres Leches Cake with Mandarins ALTERNATE SALAD Chef Salad	6 Asian American & Pacific Islander Heritage Month Fish with Mango Sauce Coconut Rice Green Beans & Carrots Asian Cabbage Salad Pineapple	7 Mother's Day Celebration Prime Rib, au Jus Horseradish Sauce Asparagus & Carrots Garlic Mashed Potatoes Dinner Roll Spinach Salad with Strawberries Cheesecake
10 Swedish Meatballs Creamy Dill Sauce Parsley Potatoes Normandy Vegetables Wheat Bread Fruit	11 Chicken Marsala Rice Peas & Carrots Mixed Green Salad Ice Cream with Fruit 	12 Roast Pork Mashed Potatoes Gravy Broccoli Carrot Raisin Salad Dinner Roll Applesauce ALTERNATE SALAD Cobb Salad with Turkey, Blue Cheese, Bacon	13 Minestrone Soup Tuna Salad Lettuce & Tomato Lentil Salad, Croissant Jell-O with Fruit Free Movie in our Auditorium 1-3 pm "FUNNY FACE" with Fred Astaire & Audrey Hepburn	14 Cheese Tortellini with Chicken Sun-Dried Tomato Cream Sauce Mixed Green Salad Green Beans Garlic Bread Fresh Fruit National Chocolate Chip Cookie Day
17 Beef Bourguignon Bow Tie Pasta California Blend Vegetables Wheat Bread Spinach Salad Pears with Chocolate Sauce	18 Rosemary Chicken Mashed Potatoes Gravy, Spinach Wheat Bread Ambrosia  HAPPY BIRTHDAY	19 Ham with Apricot Sauce Sweet Potatoes Green Beans Apple Bread Pudding with Vanilla Sauce ALTERNATE SALAD Steak & Caesar Salad	20 Tostada Salad Seasoned Taco Meat Shredded Cheese Lettuce, Tomatoes Salsa, Sour Cream Rice, Beans Tostada & an Orange	21 Barbeque Pork Sandwich Roll Oven Roast Potatoes Corn, Ranch Beans Ice Cream with Pineapple
24 Meatloaf Mashed Potatoes Mushroom Gravy Stewed Tomatoes Peas & Carrots Wheat Bread Pudding	25 Italian Sausage & Peppers Penne Marinara Sauce Italian Vegetables Caesar Salad Garlic Bread Fruit	26 Krabby Cake Fettuccine Alfredo Zucchini Tomato Sauté Greek Salad Italian Bread Carrot Cake ALTERNATE SALAD Greek Salad with Chicken	27 Island Chicken Rice, Stir Fried Vegetables Polynesian Salad with Mandarins & Pineapple Dinner Roll Cookie Global Affair Duet Performs in our Dining Room 11:30am - 12:30pm	28 Cheeseburgers Lettuce, Tomato, Onion & Pickle Potato Salad Coleslaw Apple Pie Vanilla Ice Cream 

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For Information, Call: (760) 602-4650

The Carlsbad Senior Center serves nutritious, "HOT" meals Monday - Friday in our dining room.
The **suggested donation for seniors who are 60+ is \$3.50.**
A **\$5.00** lunch fee applies to non-senior guests.

Every Wednesday we offer a salad as an alternate meal, so please specify in advance if you would like the entrée **or** the salad.

Advance reservations can be made in person, by calling (760) 602-4655

or online at: www.carlsbadca.gov/parksandrec

Please tell us which day you will be attending lunch and leave your full name and phone number.

Cancellations can be made by calling (760) 602-4655.

Dining room seating is available at 11:00 a.m. and lunch is served promptly at 12 noon. You may **forfeit** your lunch reservation if you do not check-in prior to 11:45 a.m.

We also deliver meals Monday - Friday to "homebound" seniors living in Carlsbad for a **suggested donation of \$4.00.** In addition, frozen meals are available for the weekend and will be delivered on Fridays. For information, call (760) 602-4652.

Transportation to the Center for lunch and back home is available Monday - Friday to Carlsbad seniors 60+ and who are unable to drive. For transportation reservations, call (760) 602-4650. Transportation for medical appointments is provided Tuesday, Thursday and Friday.

Appointments must be made in advance.

Wednesday transportation is reserved for shopping at Stater Bros. or Trader Joe's. The first Thursday of the month, transportation to and from Wal-Mart is provided. Special transportation options are available every Tuesday for lunch & Bingo, as well as the second Thursday of each month for lunch and our FREE monthly MOVIE.

This Program is supported by the City of Carlsbad, and Older Americans Act Funds through San Diego County Aging & Independence Services.



MAY SENIOR SPECIALS

5/3	2:00 – 4:00 p.m.	Twan Astrophotographic Exhibit
5/6	1:30-3:30 p.m.	Monthly Dance: Jerry James & Sound Investment
5/13	1:00 - 3:00 p.m.	Monthly Movie – Funny Face
5/13	6:30 – 8:30 p.m.	Women, Retirement and the Power of Aging
5/14	9:00 a.m.- 12:00 p.m.	Ask the Nurse
5/19	3:00 – 4:30 p.m.	Simply Cooking for Fun! with Steve Pettersen
5/20	1:00 – 2:00 p.m.	Carlsbad Choraleers – Spring Performance
5/21	9:00 a.m.- 12:00 p.m.	Ask the Nurse
5/25	10:00 – 11:30 a.m.	Feng Shui – Tips for a healthy look
5/26	9:30 - 11:30 a.m.	National Senior Health & Fitness 1 Mile Walk
5/27	11:30 a.m.- 12:30 p.m.	Global Affair Duet performs in Dining Room

See Newsletter for Further Details